



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 45 • November 22, 2013



## Service members give help to homeless vets

Photo by Staff Sgt. Kevin Iinuma

Airmen from the 59th Medical Wing help pass out free gear to homeless veterans during the 16th annual Veterans Stand Down Nov. 8. The event, organized by the National Veterans Outreach Program, provided services and entertainment to homeless veterans in the local community. **See story page 3**

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# Quality of rituals determines quality of life

By Chief Master Sgt. Stuart Allison  
509th Mission Support Group, Whiteman Air Force Base, Mo.

Over the last year I've been on a quest to identify and highlight simple success strategies that, if followed, will increase career success.

Where does one start on the path to becoming successful?

Some would say, "habits," but it goes farther than that. Habits are repeatable actions that we don't think about. Rituals are actions embedded with meaning.

It's the quality of our rituals that determines the quality of our lives.

When our actions have turned into habits, we've forgotten their meaning. There's nothing wrong with this for good habits, but for bad ones, it's why we are stuck in those ruts. We don't reflect and don't realize that we need to change.

Rituals go a step beyond habits. They ask you to reflect. Is this a good habit? What does this habit mean to me? How will this make me a more effective as a leader? We can't just go through the motions. If we do, we stay in one place and the world passes us by.

Success is not guaranteed, but if you care about the quality of your rituals then your chances at success increase.

I deliberately set and maintain three rituals to stay grounded in a hectic world.

1. I practice gratitude and maintain perspective. I start and end each day thinking, "What am I most grateful for? What will challenge me today and how will I grow? What did I learn from what happened today? How can I notice what is right (rather than wrong) about a situation?" You can express it out loud, think it to yourself, or write it down in a journal.

2. I take care of my body. It does not matter how I am feeling or what the weather is doing outside. I make the time and exercise without excuse. I know days will be stressful and I plan for them. I will get extra sleep knowing that being well rested will provide me the mental edge I need for any challenge.

3. I take care of my mind. I read every day. I enjoy motivational books, but stretch myself to read other types of nonfic-

tion and fiction novels. It's relaxing and I'm able to see situations from multiple perspectives.

These rituals work for me and they may work for you, but it is better for you to decide your own rituals. Choose ones that work for you; choose ones with meaning for you.

But know, in the end, you are not simply creating new habits.

In order to help you turn this commentary into your reality there are three steps you must first take to help you get clarity on your rituals, vehicles and game plan!

1. Your vision: You will need to identify your mission, purpose and passions. Take some time and answer the following questions. The answers may not come to you right away. Wrestle with them until you can answer each in one single true sentence.

- Mission: What is the most important thing that you want to achieve in your life?

- Purpose: Why is your mission important? Who will it affect?

- Passions: What are your passions and are they aligned with your purpose and mission? If not, how can you better align all three?

2. The vehicles: Next, brainstorm a list of all the "rituals" you can use to live your mission, purpose and passions on a daily basis. From this list, choose only three. Why three? You want to start out small but still have enough change in your life to see an effect.

3. The game plan: Decide on a plan to implement each one. It takes around 30 days for a new action to become habitual. Choose one of the rituals for your list and create a strategy to remind yourself to do it daily. One method, used by Jerry Seinfeld, is to put up a large wall calendar. Each day that you successfully do your daily ritual, put a red "X" on that day. Keep doing this with the goal of never breaking the chain of red "Xs." Once your chain is at least one month long, start implementing your next ritual.

Meaningful rituals, rooted in positive self-improvement, are one of the key pillars of success. Upon the development and application of your vision, the vehicles and your game plan, you will develop the pathway to creating these new rituals, increasing the quality of your life. (originally published November 12, 2013)

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**Deadline for story submissions is noon Thursday the week prior to publication.**

## News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### WEDNESDAY

#### 502ND ABW ENLISTED PROMOTION CEREMONY

The 502nd Air Base Wing enlisted promotion ceremony is 3 p.m. at the 802nd Security Forces Squadron, building 5275, on Joint Base San Antonio-Lackland.

For additional information, contact Master Sgt. Mason Wilson at 671-6705 or Master Sgt. Neil Cooper at 671-2265.

### DEC. 6

#### JBSA HEARTS APART HOLIDAY PALOOZA

The first Joint Base San Antonio Hearts Apart Holiday Palooza will begin at 7 p.m. in the Military and Family Readiness Center at JBSA-Fort Sam Houston.

The child-friendly celebration is open to all families that are geographically separated from their service member in all service branches. The event includes music, dinner, gifts, give-a-ways and a visit from Santa Claus.

The reservation deadline is Thursday. To sign up, call 221-9079, 671-3722 or 652-5321 and provide the number and gender of any children attending.

### INFORMATIONAL

#### ONLINE TUTORING AVAILABLE

All kindergarten through grade 12 students in eligible military families can access <http://www.tutor.com/military>, an official Department of Defense tutoring program.

The site provides expert tutoring to military families in all core school subjects at no cost.

Students work one-on-one with a live tutor online for help from homework to essay writing. A student and tutor work together in a secure and anonymous online classroom that features an interactive whiteboard, file sharing and instant messaging.

#### FEDERAL BENEFITS OPEN SEASON

Federal benefits open season for Air Force and Department of Defense civilian employees continues through Dec. 9. To view plans, visit <http://www.opm.gov/FEHBbrochures>.

#### TALESPINNER SUBMISSION DEADLINE

To submit items for community briefs, email [tale.spinner@us.af.mil](mailto:tale.spinner@us.af.mil) by noon Friday the week prior to publication.

# SAMHS Airmen Soldiers give hope to homeless veterans



Photo by Staff Sgt. Christopher Carwile

Hundreds of homeless veterans line up to receive free services and goods Nov. 8 during the 16th annual American GI Forum Veterans Stand Down. Held in downtown San Antonio, the event was sponsored by the National Veterans Outreach Program. Airmen and Soldiers from the 59th Medical Wing and the San Antonio Military Medical Center volunteered to provide basic necessities to homeless veterans.

By Staff Sgt. Kevin Iinuma

59th Medical Wing Public Affairs

Airmen and Soldiers from the Wilford Hall Ambulatory Surgical Center and the San Antonio Military Medical Cen-

ter volunteered Nov. 8 to help homeless veterans at the 16th annual American GI Forum Veterans Day Stand Down.

An estimated 1,000 needy veterans attended the event in downtown San Antonio, which acts as a doorway

for many veterans who seek to work their way back into society and self-sufficiency.

More than 529,000 veterans are

See SAMHS Page 6

## Mandatory Public Notification

The (JBSA-) Lackland AFB Annex water system, PWS ID# TX0150275 collected two coliform positive water samples during the month of October 2013 that contained coliform bacteria. This water system is required to submit a minimum of four routine water samples each month for bacteriological analysis. Two routine samples were coliform found and zero repeat samples were coliform found for the month and year indicated above.

The Texas Commission on Environmental Quality sets drinking

water standards in Texas and has determined that the presence of total coliform is a possible health concern. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.

For water systems analyzing at least 40 samples per month, no more than 5.0 percent of the monthly samples may be positive

for total coliforms. For systems analyzing fewer than 40 samples per month, no more than one sample per month may be positive for total coliforms.

No potentially-harmful bacteria were found in initial or repeat samples, therefore there are no restrictions or limitations on the use of water from the (JBSA-) Lackland AFB Annex water system.

If you have questions regarding this matter, you may contact: Maj Ernest Scott, 559 AMDS/SGPB Phone Number: 210 671-7061



# Remembering JFK's final journey

By Wayne Amann

Air Force Intelligence, Surveillance and  
Reconnaissance Agency Public Affairs

Certain events transcend time - the terrorist attacks of 9/11, the Challenger space shuttle disaster and the assassination of President John F. Kennedy among others.

Through the years they continue to evoke the question, "Where were you when ... ?"

Looking back 50 years, the fatal shooting of Kennedy is particularly significant to the San Antonio military community. On, Nov. 21, 1963, the president flew into the Alamo City to dedicate the United States Aerospace Medical Health Center at then-Brooks Air Force Base.

It would be Kennedy's last official function on a military installation.

"Scores of United States Air Force Security Service members attended the President's [dedication] speech," said Gabe Marshall, Air Force Intelligence, Surveillance and Reconnaissance Agency historian. USAFSS was the original iteration of the agency.



U. S. Air Force photos

President John F. Kennedy and First Lady Jacqueline Kennedy tour the Aerospace Medical School at Brooks Air Force Base, Nov. 21, 1963, the day prior to the president's assassination in Dallas.

In his dedication speech, the president explained the symbolic meaning of the term "New Frontier," and discussed the possible terrestrial applications of space research, such as medicine and technology.

Not lost in the commander-in-chief's



President John F. Kennedy is escorted by Maj. Gen. Theodore C. Bedwell, Jr., Aerospace Medical Division commander, during the commander-in-chief's visit to Brooks Air Force Base, Nov. 21, 1963.

speech were the people behind the technology.

"I have come to Texas today to salute an outstanding group of pioneers - the men who man the Brooks Air Force Base School of Aerospace Medicine and the Aerospace Medical Center,"



President John F. Kennedy and First Lady Jacqueline Kennedy wave from the doorway of Air Force One parked on the Kelly Air Force Base, flightline, Nov. 21, 1963.

Kennedy said. "It is fitting that San Antonio should be the site of this center and school ... for this city has long been the home of the pioneers of aeronautics.

**See JFK Page 16**

## CONGRATULATIONS TO THE 25 JOINT BASE SAN ANTONIO SENIOR MASTER SERGEANTS WHO WERE SELECTED FOR PROMOTION TO CHIEF MASTER SERGEANT NOV. 14

### JBSA-Lackland

Anthony Fleming  
Derrick Harper  
Craig Ploessl  
Laroy Newhouse  
Oren Sieff  
Erica Perez  
Melissa Murphy  
Gary Cabral  
Stefan Blazier  
Randy Leblanc  
Rodney Deese  
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### JBSA-Fort Sam Houston

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Rachael Clark  
Rodney Morris  
Jerome Dubose  
Felix Bradford  
Nickolis Breyer  
Tyrone Davis  
Arthur Perez  
Michael Dias

# Annual exams crucial for early detection of oral cancer

By Capt. Daniel Chartrand  
Dunn Dental Clinic

Annual exams at a dental clinic begin with an oral cancer screening. Unbeknownst to many, the dentist is the first line of defense when it comes to early detection of oral cancer.

This is important given that mortality rates associated with oral cancer significantly decrease with early detection. According to Detecting Oral Cancer: A Guide for Health Care Professionals, the five-year survival rate for localized disease is 82 percent, compared to 28 percent for those whose cancer has spread to other parts of the body.

So, who is at a greater risk of getting oral cancer? According to the Cancer Treatment Center of America, 80 percent of people with oral cancer use some form of tobacco. Furthermore, 70 percent of those diagnosed with oral cancer are heavy drinkers as well. Studies have shown that tobacco and alcohol, when combined, have a synergistic effect, which greatly increases the risk of getting mouth and throat cancer.

The incidence of oral cancer also increases with age. Statistics show that males are twice as likely have oral cancer as females.

Additionally, sun exposure increases the risk. It is essential to protect the lips and skin from the damaging effects of the sun's ultraviolet rays. Unfortunately, the lips are actually a common, but often overlooked, site for cancer.

What does an oral cancer screening involve? The screening involves two components: an extraoral and an intraoral examination.

The extraoral exam begins with an assessment of the face. The dentist will begin by looking for asymmetries in the face, as well as any unusual growths. The dentist will then feel both sides of the neck for any enlarged lymph nodes or unusual growths in the head and neck area. Finally, the jaw joint will be evaluated by having the patient open and close.

After the extraoral examination is complete, the dentist will then examine the soft tissues. The most common locations for oral cancer are the lips, sides of the tongue, floor of the mouth, which is underneath the tongue, the gums, and the roof of the mouth. The intraoral exam generally starts with a seven-step systematic assessment. This includes checking the outside of the lips, the inside of the lips, the inside of the cheeks, the gums adjacent to the teeth, the tongue, the floor of the mouth, and the roof of the mouth.

All patients are encouraged to perform this same type of examination on their own. By using a mirror, patients can look for soft tissue changes that do not look like surrounding tissue. It is important to note white or red lesions, mixed white/red lesions, and blue- or black-colored lesions. They should be evaluated by a dentist.

Other signs and symptoms to be aware of include: a thickening in the oral hard or soft tissues, soreness or the feeling of a lump in the throat, difficulty chewing or swallowing, ear pain, difficulty moving the jaw or tongue, hoarseness, numbness of the tongue or jaw, or swelling of the jaw. If there are any questions or concerns about any tissues changes in your mouth, contact your general dentist for further evaluation.



Photo by Staff Sgt. Kevin Iinuma

U.S. Air Force Capt. Riley Adams, a general dentist with the 59th Dental Squadron, examines Senior Airman Sherree Skeens' teeth during her annual dental check-up Oct. 31 at the Dunn Dental Clinic on Joint Base San Antonio-Lackland. Adams was looking for inflamed lymph nodes, tissue abnormalities or any pigmentation or discoloration, which may signal oral cancers. Skeens is a dental assistant assigned to the 59th DS.

## SAMHS from Page 3

homeless at some time during the year, according to the Massachusetts Department of Veterans' Services.

Stand Downs are typically one- to three-day events providing services like food, shelter, clothing and health screenings to homeless veterans. Other services may include Veterans Affairs and Social Security Administration benefits counseling, and referrals to a variety of other basic services like hous-

ing, employment and substance abuse treatment.

"Every veteran who has worn a U.S. military uniform and served with honor deserves a warm meal, a haircut, clean, serviceable clothes, medical care and the opportunity to apply for benefits," said U.S. Air Force Master Sgt. Alan Weary, career assistance advisor for the 59th Medical Wing at Joint Base San Antonio-Lackland.

Veterans are twice as likely as any other Americans to become

chronically homeless.

Weary said approximately 33 percent of homeless males in the United States are veterans. The number of homeless Vietnam-era veterans, both male and female, is greater than the number of service members who died during the war.

They represent 11 percent of the adult civilian population, but 26 percent of the homeless population, according to the Homeless Research Institute in 2007.

"We want to honor all veterans," said

Ignacio Leija, vice president of service operations for the American GI Forum, "and these veterans are sometimes forgotten. Even though they may not have a place to stay, they still served this country."

"It is very rewarding to serve our fellow veterans and continue to pave a proud legacy that is built on integrity, service, and excellence," said Weary.

For more information on how to make a donation or volunteer your time to the American GI Forum, call at 354-4892.

BMT HONORS

Congratulations to the following 65 Airmen for being honor graduates among the 651 Air Force basic military trainees who graduated today:

320th Training Squadron  
-Flight 675

Nicholas J. Caron  
Patrick W. Gaudet  
Mark D. Gleason  
Justin M. Owens  
Buck R. Pate  
-Flight 650  
Brandon D. Baker  
Samuel J. Carpenter  
Kyle J. Cote  
Andrew B. Denucci  
Kenneth S. Harvey  
Marc P. Hogan  
John M. Jordan  
Brodan J. Parkin  
Nicholas D. Pulkownik  
Matthew J. Sabourin  
Timothy R. Sam

Kyle C. Williams  
-Flight 685  
Pedro D. Ahlmark  
Joshua V. Ancil  
Kevin A. Cruz  
Thomas R. Nisbett  
Eric S. Skrla  
John E. Williams  
-Flight 686  
Lacy C. Klutts  
Laura J. Williams

321st Training Squadron  
-Flight 677

Cody R. Baxter  
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Ryan W. Harper  
Nathan T. Henning  
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Joseph Jimenez  
Daniel C. Langer  
Dominic D. Wyckoff  
-Flight 678  
Demarquis T. Bell  
Levi V. Burd

Horace L. Daniel  
Jordan A. Link  
Luke A. Miller

323rd Training Squadron  
-Flight 681

Logan A. Key  
Matthew R. Korte  
Chase J. Stivers  
Joshua W. Wilhite  
-Flight 682  
Taryn E. Koch  
-Flight 683  
Richard E. Duckworth  
Richard C. Hardyniec  
Ryan A. Lewis  
Ryan J. Macdonald  
Benjamin J. Myers  
-Flight 684  
Meuler S. Mackie C  
Matthew P. Madaj  
Luis M. Salcedo

326th Training Squadron  
-Flight 687

Jacob A. Bercel

Michael A. Craig  
Randall D. Holt  
Nicholas J. Runyan  
Joseph D. Seunath  
-Flight 688  
Stefani N. Bradley  
Jessica J. Cummings  
Toria L. Distefano  
Anna M. Greene

331st Training Squadron  
-Flight 679

Bryan E. Arce  
Joshua H. Blake  
Michael A. Recupido  
Jonathon C. Sammons  
Mitchell A. Zitzelberger

Top BMT Airman

Kurt L. Charlton  
321st TRS, Flight 677

Most Physically Fit

-Male Airmen  
Joshua M Buller  
321st TRS, Flight 678

Steve E. Evans  
320th TRS, Flight 676  
Michael A. Craig  
326th TRS, Flight 687  
-Female Airmen  
Christina R. Hamilton  
326th TRS, Flight 688  
Mary M. Moloney  
320th TRS, Flight 686  
Jessica J. Cummings  
326th TRS, Flight 688  
-Male Flights

320th TRS, Flight 675  
320th TRS, Flight 676  
323rd TRS, Flight 683  
-Female Flights

331st TRS, Flight 680  
323rd TRS, Flight 682  
326th TRS, Flight 688  
Top Academic Flights  
323rd TRS, Flight 683  
323rd TRS, Flight 684  
321st TRS, Flight 677  
320th TRS, Flight 685  
331st TRS, Flight 679



# Air Force Medical Treatment Facilities accept MiCare registration

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Air Force medical treatment facilities at Joint Base San Antonio locations are still accepting registrations for MiCare, which was introduced last year to expedite communications between patients and providers.

MiCare, a secure online health care messaging system, was designed to help military members and their families more easily and effectively manage their health and wellness, regardless of location or if care is sought inside or beyond the military health system.

"This is accomplished by allowing providers to exchange information with patients by email versus over the phone or at in-person appointments," Capt. Jennifer Tomlinson, 359th Medical Support Squadron TRICARE Operations and Patient Administration Flight commander, said.

Airmen and their dependents, retirees and reservists on orders assigned to a primary care manager are eligible for MiCare.



Once enrolled, they can request prescription refills, book appointments, receive medical test and lab work results, obtain a copy of immunization records or ask doctors questions on non-urgent matters – all online.

To sign up, patients must fill out a MiCare registration form, turn it in to their medical treatment facility and show them their military identification card, 1st Lt. Charlene Rueben, 359th MDSS group practice manager, said.

Enrollees will then receive an email with a request to complete the registration process.

According to the Air Force Medical Service website, other MiCare benefits include getting written advice that might be forgotten or misunderstood if communicated verbally, avoiding the annoyance of waiting in phone trees and playing "telephone tag," and close monitoring of health

issues through confidential online communications without the inconveniences of traffic, parking or lost days at work.

For Staff Sgt. Lesley Burkett, 359th Medical Group population health office manager, MiCare also helps clinic staff members become more efficient with customer service.

"Communication between the (health care) team and patients is better," she said. "Sometimes, it's much easier for patients to send an email to providers and vice versa. Additionally, a digital record of message exchanges makes it easier for patients and providers to keep track of information."

According to the AFMS, 60 Air Force installations are listed as using MiCare. By the end of fiscal year 2013, all military treatment facilities will have received MiCare. For service members permanently changing stations, the AFMS advises eligible people to check with their health care team to see if MiCare is available at their next military treatment facility.

People can pick up registration forms at their MTF or visit <http://www.jber.af.mil/shared/media/document/AFD-101213-021.pdf>.

For more information, visit <http://www.afms.af.mil/micare/>. To sign into MiCare once enrolled, visit <https://app.relayhealth.com/security/login/default.aspx>.





Joint Base San Antonio  
Sexual Assault Prevention & Response  
Victim Advocate and Community Advocate Training



**Dec. 9-13  
8 a.m. to 4:30 p.m.**

**Become a JBSA SAPR  
Victim Advocate and/or  
Community Advocate for  
the largest DOD  
installation in the world!**



JBSA's SAPR staff is recruiting members for their Victim Advocate and Community Advocacy programs. Victim Advocates provide on-call crisis intervention, referral and ongoing non-clinical support to victims of sexual violence. Community Advocates assist the SAPR office by providing education and awareness to membes across JBSA.

Victim Advocates and Community Advocates are volunteers who are active-duty military, Reserve or Guard members in active status, or DOD civilian employees. Each applicant must obtain leadership approval, have a background check and be interviewed by a SAPR representative.

**A 40 hour training class must be completed to serve.**

**JBSA-Fort Sam Houston  
Maj. Dan Katka  
808-6316/0110**

**JBSA-Lackland  
Bill Hall  
671-7273**

**JBSA-Randolph  
Allen Blair  
652-4386**





# Thanksgiving 2013: the 4•1•1 on what you need to know

## Keep holiday weight off your plate

By Lara H. Smith  
TriWest Healthcare Alliance

Temps are dropping, holidays are approaching, stress levels are rising and, for many us, our weight starts increasing. In fact, the average American gains approximately two to five pounds between Thanksgiving and New Year's Day.

Is it really a problem if a person gains one to two pounds during the holidays? According to TriWest Healthcare Alliance registered dietician Jackie Magyar, it can be.

"Most weight put on during the holidays is not lost after the season," says Magyar. "Year after year, those few pounds can add up, moving an otherwise healthy person into an overweight or obese state."

Being overweight or obese increases the risk of many diseases and health conditions including:

- Hypertension (high blood pressure)
- Type 2 diabetes
- Heart disease

- Stroke
- Sleep apnea and respiratory problems.
- Some cancers (endometrial, breast and colon)

This holiday season make sure the one thing you aren't adding to your plate is extra, unwanted pounds. Follow these easy steps:

1. Drink plenty of water. You hear about the value of drinking plenty of water every day; the holiday season is no different. Drinking water throughout the day and between meals will keep you feeling full and fully hydrated.

2. Decorate your plate, not just your house. Filling the majority of your plate with colorful fruits and vegetables is a great way to keep calories down. Avoid heavy sauces and creams. Round it all out with lean protein and you will feel full in no time.

3. Remember: good things come in small packages. When you watch your portion size, you can indulge in your favorite dishes and not feel deprived. This is especially true for the

days you sit down for the big meals (see tip 6).

4. Go for quality, not quantity. Don't waste your calorie budget on mindless snacking. Save up for the big ticket items like dinner and dessert—just be sure to watch your portion sizes. And leave some food on your plate at every meal. You'll be glad the calories you left behind didn't land on your own behind!

5. Try a food exchange. You exchange gifts, why not food? If you know you can't make it through Thanksgiving without Aunt Erma's famous sweet potato casserole, are you willing to exchange some time at the gym for it? If you indulged in too much eggnog, how about heading out for a jog before hitting the sack? Making time for exercise on days you've treated yourself can help combat the number of calories you have taken in.

6. Pace yourself on the big days and you can still indulge. Eat light earlier in the day (breakfast, lunch and a small snack) and do not skip meals. This will

ensure you won't be starving by dinner and risk eating too much. When you sit down for the holiday dinner, have a small portion of everything served. This way you won't feel like you are missing out and can still enjoy all the great food being served.

7. Move it. Speaking of exercise... whether it's speed walking through the mall, raking piles of leaves, or taking a family walk after dinner, make it your goal to move every day. Movement burns energy, which means you are burning calories. The decision to move a little every day could mean the difference between losing or maintaining your weight this holiday season.

8. Relax and enjoy! The holidays are supposed to be about connecting with family and friends, honoring time-held traditions and creating new ones. Take it easy and don't take too much on your plate, including extra, unwanted pounds. For more healthy eating tips, visit <http://www.TriWest.com/HealthyLiving>.

## Safety tips for cooking Thanksgiving dinner

- Do not overload the stovetop with too many pots and pans, and keep the area free of clutter.
- Never hold a child while cooking. If possible, keep children out of the kitchen while cooking.
- Never put a glass casserole dish on the stove or over a burner, as it could cause the container to explode.
- Remove lids from pots and pans by tilting them away from you to avoid hot steam.
- Ensure shirt sleeves are short, fitted or tightly rolled when cooking.
- If a small fire starts in a pan, grab a flame-resistant potholder and smother the fire with a lid. Do not remove the lid until the pan has cooled.
- Stay in the kitchen when frying, grilling or broiling food. If you must leave, shut off the stove.
- If you are simmering, roasting or boiling food, check it frequently.
- Keep flammable items such as oven mitts, wooden utensils, packaging or towels away from the stove.
- Always thoroughly cook food to a safe temperature. Just because the outside looks good doesn't mean the inside temperature is high enough to kill bacteria.
- Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria; instead, thaw it in the refrigerator. Do this with the turkey still in its unopened wrapper with the breast facing up and placed on a tray. National Turkey Federation recommends one day thawing in the refrigerator for every five pounds of turkey.
- Never lower a frozen or partially thawed turkey into the hot oil as it could boil over.
- Consider avoiding the use of turkey fryers because they pose a number of safety hazards.
- Turkey fryers should always be used outdoors and away from buildings and other material that burns.
- Don't overfill a cooking pot or fryer with oil because the oil may spill out and hit the burner/flames causing a fire to engulf the entire unit.
- Be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Keep a fire extinguisher in the kitchen.



The National Fire Prevention Association offers these tips for dealing with fires:

- In the event of a small grease fire, slide a lid over the pan and turn off the stove. Leave covered until pan has completely cooled.

- If an oven fire occurs, turn off the heat and keep the door closed.
- Never use water to extinguish a grease fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.

## Operation Homecooking Reservations

San Antonio residents can share their family traditions with service members from Joint Base San Antonio-Lackland Thanksgiving Day through Operation Homecooking, which gives local families the opportunity to welcome two trainees into their homes for the holiday meal.

The telephone lines to make Operation Homecoming reservations are open through Wednesday or until all eligible trainees have been requested, whichever occurs first. To host two trainees, call 671-5453/5454/3701 weekdays from 8 a.m. to 3 p.m. Families without a reservation cannot show up on Thanksgiving Day to request trainees.

Since trainees are not permitted to have personal transportation during training, hosts must pick them up at JBSA-Lackland and return them to their respective squadrons by 7 p.m. Thanksgiving night.

### Thanksgiving Day Activities

- Thursday, Nov. 28, 10:30 a.m. to 3 p.m. at the Gateway Club. Dine on roasted turkey, prime rib, ham, side entrees, salads, breakfast items, desserts and much more! The price is \$18.95 for adult members and trainees, \$21.95 for adult nonmembers, \$10.95 for child nonmembers ages 6-11, \$9.95 for child members ages 6-11, and free for children ages 5 and younger. Call 645-7034.

- The Skylark Bowling Center will be open from 2-10 p.m. on Thanksgiving Day. For more information, call 671-1234.
- Thanksgiving Make and Take at the Library Today 1-3 p.m. Make fun crafts for Thanksgiving to take home. All supplies are provided and children can complete their project in the library or take home to make.

## A look back at Thanksgivng 2012



Photo by Collen McGee

Airman Nathan Worthley holds a placard he received from a student in Katherine Pentz's fifth-grade class at Driggers Elementary School in San Antonio, while he and other Airmen wait to be matched with families who will share Thanksgiving dinner with them.



Photo by Alan Boedeker

During Operation Homecooking Thanksgiving Day, Lisa Bowman, during her first "Airman adoption," promises Brig. Gen. Darrell Jones, 37th Training Wing commander, that she will take care of his Airmen, trainees Andrew Godfrey (left) and Joshua Williams. Ms. Bowman planned an afternoon of turkey and football for the trainees.



Courtesy photo

Chief Master Sgt. Jose Lopez and his family hosted two Air Force basic trainees from Lackland, and two Soldiers from JBSA-Fort Sam Houston for Operation Homecoming last year. From left to right are: Army combat medics Pfc. Benjamin Markland and Pfc. Albert Macias, daughter Saleena, son Cory, Chief Lopez, Airman Brittany Osgood, wife Debra, and Airman Allie Skallerud.



## COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

*The 2013 Combined Federal Campaign runs through Jan. 15, 2014.*

The following is a list of points of contact for Joint Base San Antonio

***502 Air Base Wing:***

1st Lt. Amanda McGowin  
221-4321

**Alternate:**

Master Sgt. Mason Wilson  
671-6705

***502nd Mission Support Group:***

Manny Henning  
221-1844

**Alternate:**

Duane Dunkley  
221-2207

***802nd MSG:***

1st Lt. Brandon Langel  
671-2528

**Alternate:**

Master Sgt. Robert Brinson  
671-5511

***902nd MSG:***

Matt Borden  
652-3797

**Alternate:**

Master Sgt. Ennis Fowler  
652-6915

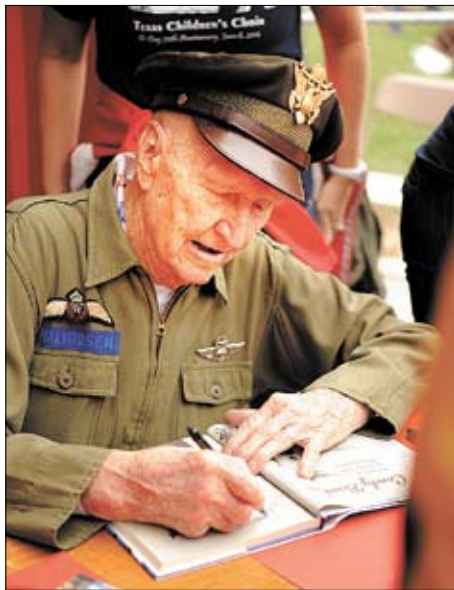
**Alternate:**

Master Sgt. Shawn Waghorn  
652-3088



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

# “Candy Bomber” drops in 65 years after Berlin Airlift



Retired Air Force Col. Gail Halvorsen signs autographs Nov. 9 at the South Texas Regional Airport in Hondo, Texas. Halvorsen participated in a re-enactment of Operation Little Vittles that took place during the Berlin Airlift, following World War II. Halvorsen and his crew dropped about 2,000 candy bars from a vintage C-47 Skytrain during the event.

By Staff Sgt. Jerilyn Quintanilla  
59th Medical Wing Public Affairs

It was 1948, World War II was over and the Cold War had begun. For many German families, living conditions were tough and food was scarce. But for the children of Berlin, there was a glimmer of hope and it came from the sky.

Army Air Corps 1st Lt. Gail Halvorsen, a C-47 pilot stationed in Germany in support of the Berlin Airlift, handed two sticks of gum to local children peering through a fence near a local airport. That small gesture at Berlin's Tempelhof Airport led to Operation Little Vittles, a humanitarian mission that continued for 15 months.

After that first meeting with the children, Halvorsen decided to collect his candy rations and fasten them to parachutes made with cloth and string.

“The look in their eyes, I could see their appreciation for something so small,” Halvorsen recalled. “I wanted

to do something more so I told them to come back later.”

His plan was to fly over and drop the candy to the children.

“They asked how they would know it was me,” Halvorsen said. “I told them I’ll wiggle the wings.”

From that point on, he was known to the children as “Uncle Wiggly Wings.” To the rest of the world, he would become the “Candy Bomber.”

On Nov. 9, Halvorsen, now a retired colonel, took part in a re-enactment of the Berlin Airlift at the South Texas Regional Airport in Hondo, Texas. The community and service men and women gathered to participate in the event, watching as more than 160 children ran to gather the 2,000 candy bars, which descended from a vintage C-47 Skytrain.

Among the crowd was a special visitor, Berlin native Heike Jackson, formerly Kiausch. Jackson, who lived in Germany during the Berlin Airlift, remembers what it was like to see Halvorsen’s plane approach and the candy drop from above.

At age 6, Jackson, like other children in the local area, would anxiously await the plane with the wiggly wings.

“He was our savior,” Jackson said. “We had nothing to eat; we would’ve died.”

Jackson later married a U.S. Army Soldier and moved from Berlin to the United States while he was still in the service.

Jackson never thought she’d come face-to-face with “Uncle Wiggly Wings,” but 65 years later, she did. What did she do to commemorate the event? She brought some candy along.

“It’s kind of like déjà vu. The feeling is hard to describe. To see that wonderful man alive is amazing,” she said. “It’s a full circle somehow. I’m very touched and overwhelmed.”

“I did it for the children, to see the smiles on their faces,” said Halvorsen, now 93.

And 65 years later, halfway around the world, he managed to get one more smile from a surviving child of the Berlin Airlift.



Photos by Staff Sgt. Jerilyn Quintanilla

Retired Air Force Col. Gail Halvorsen (right), known as the “Candy Bomber,” and Heike Jackson wave prior to boarding a vintage C-47 Skytrain at the South Texas Regional Airport Nov. 9, in Hondo, Texas. A German native, Jackson was a child in Berlin when Halvorsen began the candy drop operation in 1948.



Children rush through a field picking up candy dropped from a vintage C-47 Skytrain in Hondo. Retired Air Force Col. Gail Halvorsen re-enacted a candy drop known as Operation Little Vittles, a 15-month humanitarian mission that took place during the Berlin Airlift in 1948.



# WHAT'S HAPPENING

## Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE MILITARY AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL MFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

### FRIDAY

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### MONDAY

- Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.
- Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### TUESDAY

- Pre-deployment briefing, required for all Airmen preparing to deploy, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m.,

building 5160.

- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### WEDNESDAY

- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### THURSDAY

- The Military and Family Readiness Center is closed for Thanksgiving.

### NOV. 29

- The Military and Family Readiness Center is closed for Air Education and Training Command Family Day.

### DEC. 2

- Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- Family readiness briefing, mandatory for personnel deploying longer than

30 days or going on remote assignments, 10:30-11:30 a.m.

- Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 3

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- Pre-deployment briefing, required for all Airmen preparing to deploy, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 4

- Transition Assistance Program, 7:45 a.m. to 4 p.m.

- AWANA Clubs, 6-8 p.m., Freedom Chapel.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 5

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, building 7246, 1 p.m. For information, call 773-354-6131.

### DEC. 6

- Transition Assistance Program, 7:45 a.m. to 4 p.m.
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 9

- Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.

## Monthly Meetings

### ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

### OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandesc.org>.

### MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

**On the web**  
<http://www.lacklandfss.com>

Compiled by Mike Joseph,  
JBSA-Lackland Public Affairs

## LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### WEDNESDAY

#### ENLISTED ASSOCIATION MEETING

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the Gateway Club. For information, call 658-2344.

### THURSDAY

#### THANKSGIVING DAY DINING

Active duty family members, as well as retirees and their family members are authorized to have dinner Thanksgiving Day, 11 a.m. to 5 p.m., at the Joint Base San Antonio-Lackland Training Annex dining facility, building 124.

Contact Sylvia Longoria at 671-2009/3866 to make required reservations.

### NOV. 29

#### BAND QUARTET PERFORMANCE

A trombone quartet from the U.S. Air Force Band of the West will perform at the city's annual tree lighting ceremony from 3-6 p.m. at Alamo Plaza in downtown San Antonio.

### DEC. 6

#### AARP DRIVER SAFETY PROGRAM

An AARP safe driver program is from 12:30-5 p.m. at Air Force Village 2. The course covers driving strategies, new laws and challenges with local driving.

Participants will receive a certificate, good for three years, by completing the class. Some insurance companies may offer driver discounts for class completion.

The cost is \$12 for AARP members and \$14 for non-members.

Contact Allen Wesson at 557-2173 or via email awesson@earthlink.net for additional information.

### DEC. 7

#### JBSA CHILDREN'S HOLIDAY PARTY

Hope Worldwide and Service King will sponsor a children's holiday party from noon to 4 p.m. at Kelly Hangar 1610, 303 S. Frank Luke Drive on Port San Antonio.

All Department of Defense ID card holders and their immediate families are invited to attend. Children 12 years of age and younger can meet Santa Claus and receive a gift. Other activities include face painting, games and crafts along with music, food, and a caricature artist. RSVPs

are not necessary this year; the first 500 children will receive a gift.

For more information, contact Master Sgt. Jason Resler at 671-1970 or Tech. Sgt. Latasha America at 671-6511.

### DEC. 17

#### ACCREDITATION SITE VISIT

The San Antonio Military Oral and Maxillofacial Surgery Residency Program at Wilford Hall Ambulatory Surgical Center is scheduled for an accreditation site visit Feb. 12, 2014.

Any parties who feel they may have pertinent information regarding the program are encouraged to submit comments by mail to the Commission on Dental Accreditation, 211 East Chicago Ave., Chicago, IL 60611 or by calling 800-621-8099, Ext. 4653.

The deadline for receipt of third-party comments by the commission office is Dec. 17.

#### CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in the second floor conference room of

building 5160.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For information or registration, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

### DEC. 20

#### WALK-IN PET VACCINATION CLINIC

The JBSA-Lackland Veterinary Treatment Facility will hold a walk-in vaccination clinic from 9 a.m. to 4 p.m. Clients must check in by 4 p.m. to guaranteed to be seen.

Prior registration is required. Call or stop in the clinic by Dec. 19 to make a reservation.

The clinic is located at 2330 Hughes Avenue. Call 671-3631 for more information.

### INFORMATIONAL

#### HOLIDAY IN BLUE CONCERTS

Two performance dates are set for the U.S. Air Force Band of the West's free annual Holiday in Blue concerts. Performances are 3 p.m. Dec. 15 and 7 p.m. Dec. 17 at the Bob Hope Theater on Joint Base San Antonio-

Lackland.

Required tickets for the free Holiday in Blue performances are available at the Joint Base San Antonio-Lackland and JBSA-Randolph Information, Tickets and Travel offices, and the JBSA-Fort Sam Houston Morale, Welfare and Recreation Office.

For more information, visit <http://www.bandofthewest.af.mil>.

#### CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m. Monday through Friday.

Visit <https://rapids-appointments.dmdc.osd.mil> or call 671-4178.

#### INFLUENZA VACCINES

Influenza vaccines are available in the Wilford Hall Ambulatory Surgical Center Immunizations Clinic located on the first floor and not in the WHASC atrium.

Service hours are Monday, Tuesday, Wednesday and Friday, 7:30 a.m. to 4 p.m.; and Thursday, 7:30 a.m. to 5 p.m.

## CHAPEL SERVICES

### —PROTESTANT

• Freedom Chapel – building 1528  
Contemporary Service Sun. 9:30 a.m.  
Religious Education Sun. 11 a.m.  
Gospel Service Sun. 12:30 p.m.  
Spanish Service Sun. 3 p.m.  
AWANA Wed. 6 p.m.  
• Gateway Chapel – building 6300  
Liturgical Service Sun. 11 a.m.

### —DENOMINATIONAL

• BMT Reception Center – building 7246  
Church of Christ Sun. 7:30 a.m.  
• Gateway Chapel – building 6300  
Seventh-day Adventist Sat. 12:30 p.m.  
• Education Classroom – building 5200 Room 108  
Christian Science Sun. 7:30 a.m.

### —PENTECOSTAL RE

• Gateway Chapel – building 6300  
Pentecostal RE Sun. 2:30 p.m.

### —ORTHODOX CHRISTIAN

• Gateway Chapel – building 6300  
Religious Education Fri. 4 p.m.

### —WICCA

• BMT Reception Center – building 7246  
Military Open Circle Sun. 12:30 p.m.  
• Freedom Chapel – building 1528  
Military Open Circle First Tues. 6 p.m.

### —REFUGE STUDENT CENTER

• building 9122 (Tech Training & TDY Students)  
Wednesday Bible Study 6:30 p.m.  
Thursday 6-8 p.m.  
Friday 6-11 p.m.  
Saturday Noon to 9 p.m.  
Sunday 11 a.m. to 5 p.m.

### —THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

• Gateway Chapel – building 6300  
Religious Education Tues. 6:30 p.m.  
LDS Institute Thurs. 6:30 p.m.  
LDS Service Sun. 1 p.m.

### —JEWISH

• Gateway Chapel – building 6300  
Sabbath & Kiddush Friday 4:30 p.m.  
Religious Education Sun. 1:30 p.m.

### —ROMAN CATHOLIC

• Freedom Chapel – building 1528  
Religious Education Sun. 9 a.m.  
Reconciliation Sun. 10 a.m.  
Mass Sun. 11 a.m.  
Sun. 5 p.m.  
Reconciliation Sun. 4:15 p.m.  
Daily Mass Mon, Tue & Thurs 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

### —ISLAMIC

• Global Ministry Center – building 7452  
Jummah Prayer Fri. 12:45 – 1:15 p.m.  
Religious Education Sun. 9 a.m.

### OTHER FAITH GROUPS

• BMT Reception Center – building 7246  
—Buddhist Sun. 10 a.m.  
• Gateway Chapel – building 6300  
—Eckankar  
First, third & fifth Saturdays 12:30 p.m.  
—Baha'i  
First, third and fifth Saturdays 11 a.m.

For more details, contact  
Freedom Chapel - 671-4208  
Gateway Chapel - 671-2911

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForceLife.com">http://www.MyAirForceLife.com</a>



**JFK from Page 4**

"The tales and memories of Kelly Field and Randolph Field form a major part of aviation history," the president continued. "And in the new frontier of outer space, while more headlines may be made by other men in other areas, history is being made every day by the unsung heroes of this Aerospace Medical Center, without whom there could be no headlines."

Following a tour of the new facilities, Kennedy left Brooks via motorcade for then-Kelly Air Force Base driving along Military Drive and through the B-52 Gate. He flew from Kelly to Houston and on to then

Carswell Air Force Base, in Fort Worth, Texas.

The next day, Friday, Nov. 22, 1963, the president, riding in his motorcade's open convertible with First Lady Jacqueline Kennedy and Texas Governor John Connally, fell victim to an assassin's bullets in Dallas.

Minutes after the murder of the 35th President, USAFSS Commander Maj. Gen. Richard P. Klocko, directed command units worldwide to be extra vigilant.

"Following Klocko's message, signals intelligence detected no increase in Soviet military activity," Marshall said. "The Warren Commission in 1964 and

the Church Committee in 1978 found no Soviet complicity in the murder."

The Kennedy assassination occurred 13 months after the Cuban Missile crisis. The global assets of USAFSS played a key role in providing early warning of a Soviet attack during the Cold War.

"The fact that the USAFSS commander ordered his units to increase their vigilance demonstrated our organization had a huge part in the response," Marshall said. "In the first hours after JFK's murder, USAFSS told the U.S. intelligence community, and new President Lyndon Johnson, our Cold War nemesis was not involved."

# ISR weapons, tactics conference shapes AF future

By Wayne Amann

Air Force ISR Agency Public Affairs

For the seventh consecutive year, tacticians and subject matter experts from across the intelligence, surveillance and reconnaissance community and beyond, met at the Air Force ISR Agency headquarters here to shape the future of the Air Force.

The Weapons and Tactics Working Group and Tactics Review Board convened Nov. 4-8 to tackle critical ISR issues and formulate ways to effectively manage ISR capabilities to meet the challenges ahead.

This year's session sported the theme, "Maturing ISR tactics, techniques and procedures to enable full-spectrum operations through cross-domain integration of national, theater and tactical ISR capabilities."

"The theme captures both where we are currently and where we need to go," said Maj. Gen. John Shanahan, AF ISR Agency commander, who welcomed attendees representing 32 organizations and 14 weapon systems and programs. "And we need to get there in the midst of a Pacific pivot, budget concerns and, let's face

it, a serious look at funding and personnel cuts."

With those words as a backdrop, the WEPTAC/TRB set out to enable the Air Force to do its job smarter, faster and more effectively.

The event was not centered around the hypothetical use of ISR. Tacticians and subject matter experts from deployed theaters with recent deployment experience shared real problem sets that need to be solved quickly.

The WEPTAC team produced multiple documents for numbered Air Force commanders and major command intelligence leaders for immediate implementation in combat operations.

"Having deployed three times, I take responsibility, as did all the participants, in ensuring the war fighter on a carrier, in an airplane or on the ground gets the best support possible," said Capt. Adam Young, an ISR weapons officer and the WEPTAC chair. "This business is not about egos or officer performance report bullets. It's about getting the job done which was not lost here."

Young added the event centered on conducting battle

damage assessments; evolving ISR command and control mechanisms and tactics, techniques and procedures to find, fix, track and target mobile threats more efficiently.

As the only ISR-focused event of its kind, diversity is one of its strengths. Coalition attendees were major contributors to its success.

"Our coalition partners' participation was impressive," Young said. "Not only did they contribute to the solutions put forward, but key networks were formed that will make our future alliances stronger. They are critical to any future fight."

And the future is what WEPTAC/TRB is all about, as Shanahan impressed upon the attendees.

"No matter how you look at it, the Air Force is facing some serious challenges and changes over the next two to five years," he said. "Among these challenges, however, is an opportunity. This generation of ISR warriors will oversee the creation of solutions to these problems, and what will emerge will be a more adroit, more capable, more effectively used ISR force."

# Kansas City Chiefs' cheerleaders conduct clinic at JBSA-Lackland

*Editor's note: Last names unavailable per NFL policy.*

By Jose T. Garza III

JBSA-Lackland Public Affairs

Members of the National Football League's Kansas City Chiefs' cheer squad held a cheerleading clinic Saturday at the Arnold Hall Community Center.

The clinic was open to Joint Base San Antonio-Lackland military and Department of Defense dependents ages 3-18.

The group was then featured in a Military Pride Fashion Show at the JBSA-Lackland Main Exchange before conducting a meet-and-greet with fans.

For Liz, a seven-year cheerleader for the Chiefs, it was a great day for the squad to give back to the military families in attendance, she said.

"The families here at JBSA-Lackland are incredible, so much fun, and huge Chiefs fans," she continued.

Liz' colleagues had a similar positive experience at the base.

Krystal, a Chiefs cheerleader, said she is blessed for the opportunity to visit military personnel. A seven-year cheerleader herself, she noted she was born into a military family. Her parents both served in the Army.

The fact the Chiefs currently have a 9-1 winning record after recording a losing season last year may have made the visit more pleasurable.

"It's exciting and the welcoming may be more positive because of that," Krystal said. "It's just been really nice to come and say that the Chiefs are having a wonderful season after having a bad one last year. It's kind of a testimony that no matter what you're going through, there's always a bright side to it."

The Chiefs cheer performers show their admiration for the troops nationally and internationally.

Both veteran cheerleaders noted that they visit military installations locally. They visited the service members in Iraq years ago. Their visit on JBSA-Lackland was their eighth trip to an Armed Forces installation this year, Liz said.

"We are very patriotic and thankful to our troops," she continued. "They always say thank you to us for coming to them, but visiting them is our way of showing our gratitude to them. Seeing the smiles on their faces brings joy to our faces, and it makes us smile when we get home."

"When they say thank you to us for coming out, we tell them we would do it in a heartbeat," Krystal added. "We went to Iraq a couple of years ago and we would visit there again in a heartbeat to support them. We cheerleaders would definitely drop any free time to support them."

## WATER CONSERVATION TIPS!

»Encourage your school system and local government to help develop and promote a water conservation ethic among children and adults.

»Teach your family how to shut off your automatic watering systems. Turn sprinklers off if the system is malfunctioning or when a storm is approaching.

»Set a kitchen timer when watering your lawn or garden with a hose.

»Make sure your toilet flapper doesn't stick after flushing

»Make sure there are aerators on all your faucets.

(Source: 502nd Civil Engineer Squadron)

**Joint Base San Antonio-Lackland is on**

Share your JBSA-Lackland photos  
by tagging us @JB SALackland

